



# HERITAGE

THE OFFICIAL PUBLICATION OF THE LOWELL SENIOR CENTER.

BERNARD F. LYNCH, CITY MANAGER

LYNNE BROWN-ZOUNES, EXECUTIVE DIRECTOR

**AUGUST 2006**

**Mayor**

*William F. Martin, Jr.*

**Vice Mayor**

*James L. Milinazzo*

**Lowell City Councilors**

*Kevin P. Broderick*

*Edward "Bud"  
Caulfield*

*Eileen M. Donoghue*

*Rodney M. Elliott*

*Armand P. Mercier*

*Rita M. Mercier*

*George A. Ramirez*

*The Mission of the Lowell Council on Aging is to promote and support the health and well-being of seniors in the community by providing services of nutrition, health, recreation, transportation, information and referral programs.*

## *Message from the Director...*

The first class of the Lowell Senior Center Police Academy graduated on July 19, 2006. The Ceremonies

were held in the Grand Hall at the senior center and the class of eight seniors was recognized for their dedication and study of the rudiments of crime prevention. Among those from Lowell receiving recognition and certificates was: Katherine (Kay) Agnatovech, Rosemary Carr, Fern Castle, Maureen Chaff, Donna Larson, George Pearsall, Odile Rivard and Doris Pearsall of Chelmsford.

The purpose of the Lowell Senior Police Academy is to educate enrollees about the operations of the Lowell Police Department. Through this education, increased positive relations between the police and community will develop. The goal is to create a growing pool of responsible, well-informed citizens who have the potential of influencing public opinion about police practices and services. Citizens will gain an understanding of the problems and challenges facing law enforcement and will have an opportunity to offer comments and ideas regarding solutions.

This program is an extension of the partnership we have with the Lowell Police Department and our Senior Safety Initiative. See more information on Page 13 about this great program.

## *Living with Osteoarthritis of the Knee...*

Join us on Friday, August 11, 2006 at 10:00 AM for a special presentation on Osteoarthritis of the Knee. Dr. Donald Rapoport of Fall River, MA will be at the center to discuss symptoms, sign, and treatments for Osteoarthritis. This program is designed to educate mature adults (age 50+) within our community about Osteoarthritis and options/treatments for living with knee pain.

This workshop is sponsored by The Senior Network, Inc.

## **The LCOA Board of Directors**

---

James Boenis, Chair  
Leo Cloutier, Vice-Chair  
James Cormier  
Ann Cunha, Treasurer  
Eileen Golden  
Thomas Machado  
Jan Mahoney  
William Sheehan  
Joan Bedford-Liaison for Elder Services

There will be no board meetings for  
the month of July and August!  
Enjoy your summer!

### **Meet the Staff of the Lowell Senior Center.**

Lynne Brown-Zounes, Executive  
Director 978-446-7185

Michelle Ramalho, Administra-  
tive Assistant 978-970-4133

Tara Donnelly, Receptionist  
978-970-4131 (Main Number)

Kathy Carroll, Events Coordina-  
tor 978-970-4135

Amy Medina, Outreach Coordi-  
nator 978-446-7187

Maria Reis Portuguese Outreach  
Worker (Monday and Tuesday)  
978-970-4136

Outreach Volunteers  
Food Stamps and Fuel Assis-  
tance Carol Violet/Sandra Breen  
978-446-7186

SHINE Coordinator (Health In-  
surance Needs for Seniors)  
Ann Cunha & Joanne Snook 978-  
970-4136 1-4 on Thursdays, and  
by appointment.

## **Do you know someone who is grieving the death of a loved one?**

VNA Hospice of Greater Lowell presents a  
Community Memorial Service  
Anyone who is grieving the death of a loved one  
is welcome to join us for an evening of  
quiet reflection, music, and interfaith readings,  
as we remember those who have touched our lives.

**Wednesday, September 13, 2006**

7:00 PM

St. John the Evangelist Church  
115 Middlesex Street in North Chelmsford

Those who attend are invited to bring a photograph of their loved one  
(in a stand-up frame) to be placed on a special table during the evening.

This annual event is presented as a community service by

**VNA Hospice of Greater Lowell,**

a program of the Visiting Nurse Association of Greater Lowell.

*There is no charge to participants. All are welcome to stay for refreshments  
after the service.*

For more information, contact:

Marie Jennings, LICSW, Coordinator of Bereavement Services -  
978-458-3123

**VNA Hospice of Greater Lowell**

---

## **What to Do When Your Family Member has Memory Loss**

**Save your spot!**

Wednesday, August 16, 5:00 - 7:30 p.m.

Alzheimer's Association,  
220 Pawtucket St, Lowell

**FREE Program**

Designed especially for Family Caregivers

Call 1-800-272-3900 to

Register and for more information

Group size may be limited - Call Now!

---

## **Lowell Senior Center Talent (Singers) Group**

This group of seniors sing and prepare their program at the  
Lowell Senior Center on Mondays at noon leave and visit area  
nursing homes and entertain seniors around Lowell.

The singers will be featured on LTC cable Channel 8 on Thurs-  
day at 2:00 P.M. and Saturday 10:00 A.M. in July and August.  
Production produced and edited by Lowell seniors Youlin John  
Yeh and Yanyu Mary Wu

---

## **SOS**

Service Availability \* Offering Information \* Solutions to Senior Issues

**Come to a FREE Seminar for Seniors.**

**Thursday, August 17, 2006 from 12:30—2:30**

**Rich Merrill, Moving Specialist**

**Eliopoulos & Associates, Elder Law**

**Ann Scannell, Medicaid (new changes in Medicaid)**

**Lowell Senior Center 276 Broadway St, Lowell, MA**

---

## **WHIPLASH**

**By: Dr. Joseph M. Downes Jr., BS, MS, DC**

**Chiropractor/Orthopedist**

Whiplash can occur from an auto collision as slow as five miles per hour. In fact whiplash accounts for more than half of all motor vehicle injuries. The impact throws the head forward and backward rapidly, often tearing or straining soft tissues and moving spinal segments slightly out of alignment. This often results in neck pain, back pain, headaches, nausea, problems with vision, and other ailments. It is not uncommon for these symptoms to improve after a few days only to resurface several days or weeks later. Therefore, it is essential that care begin as soon as possible after the accident to keep injuries from becoming chronic.

**The Chiropractor's role in treating whiplash is to realign the spine where needed, and assign rehabilitative exercises to help restore proper function and ease pain.**

---

### **Eight Signs of Elder Abuse...**

Scams targeting seniors can range from the simply ridiculous to the sublimely complicated. Experts say the best way to keep thieves and con men out of grandma's pocketbook is to know what's out there.

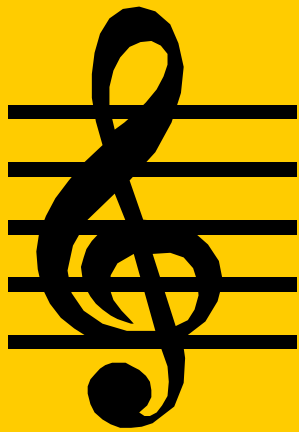
Paying attention to clues that something's wrong with an elderly friend or relative can pay off. The trick is to recognize the clues when they appear and act fast.

Which signals should you be on the alert for? While these changes don't always mean something sinister is happening, they can be an indication.

#### **Look for:**

- An unexplained change for the worse in the person's standard of living
- A marked difference in personality or habits that coincide with the arrival of a new friend, romantic interest, caretaker or even a relative
- Changes in long-standing financial arrangements, such as a new will or cashed CDs
- Forged documents
- Signs the person isn't well-cared for, including changes in health, personal hygiene, eating habits or surroundings
- Unexplained charges on credit cards or withdrawals from bank accounts
- The disappearance of jewelry or other valuable items
- Substandard or unneeded services, such as unnecessary home repairs

**Source: AARP**



*Senior Center singers hit high notes*  
*By NICK BROWN, Sun Staff*

**LOWELL** -- Fourteen Lowell Senior Center members are proving that they can still carry a tune.

The seniors are part of a singing group that travels each Monday to area nursing homes, entertaining residents with songs from generations past. On Monday, they will be in the Alzheimer's Unit of the D'Youville Senior Care Center, singing such old-time classics as "Annie," "When You Were a Tulip" and "Take Me Out to the Ballgame."

Old songs have a way of sparking the memory, according to group piano player Ed Croke.

"The happiest people to sing for are the people in the Alzheimer's Unit," said Croke, 85, of Lowell.

A former Everett schoolteacher, Croke has been playing piano since high school and remembers most of the songs by heart.

"There was one woman there who never said a word, but when we started singing some of these songs, she started singing along to each one," he said. "I don't understand it, but the memory's a funny thing."

Though the group doesn't have a formal name, it has a broad fan base. The group recently broadened its horizons, expanding from the stage to the TV screen. Throughout July and August, Lowell's Public Access television network will show the group twice a week on video.

Lowell's Youlin John Yen, a member of both the Senior Center and Lowell Telecommunications Corp., produced the video.

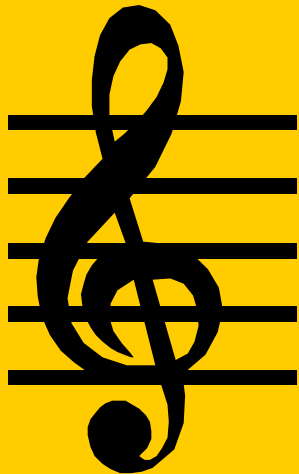
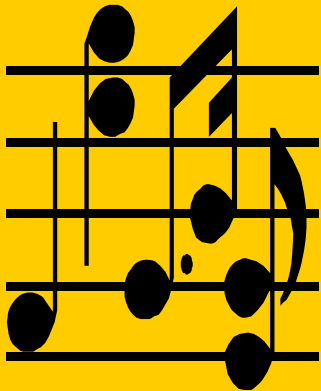
"I'm retired, but I still have some ability with video, and I hope I can show it and work for the community," said Yen, 70, a former professor who came to America from China in 1981. "My wife and I both like America. We want to do some work for America."

Yen approached group member Claire Brodeur with the idea to shoot video, and Brodeur had no qualms.

"There are a lot of people who don't know that the Senior Center has a singing group," said Brodeur, 78, of Tewksbury. "We want to, more or less, introduce ourselves to people."

Brodeur, one of three group soloists, has been singing for 64 years, and said she enjoys meeting new people at her concerts.

"Many of the people we sing for don't have relatives around to come and visit them," she said. "They love it when we sing. We try to sing songs they know, and they love to sing along. They always ask us to come back again." With the addition of the television broadcast, such adoring fans can now have the next best thing to a live concert -- at least for the rest of the summer.



\*\*\* This article was featured in the Lowell Sun on July 6th.

## CHICKEN TERIYAKI/W BROCOLLI

1 sprays cooking spray  
 2 medium garlic clove(s), minced  
 1 pound uncooked boneless,  
 skinless chicken breast, cut into 1-  
 inch cubes  
 4 medium scallion(s), chopped  
 (green and white parts)  
 1/2 cup fat-free chicken broth  
 2 Tbsp teriyaki sauce  
 2 cup cooked brown rice, regular  
 or instant, kept hot  
 4 cup broccoli, fresh, florets,  
 steamed\*



### Instructions

Coat a large nonstick skillet with cooking spray and set pan over medium-high heat. Add garlic and cook 1 minute. Add chicken and cook until golden brown on all sides, stirring often, about 5 minutes.

Add scallions and cook until soft, about 2 minutes. Add broth and teriyaki sauce; simmer until chicken is cooked through and sauce reduces slightly, about 5 minutes.

Spoon 1/2 cup of cooked rice into each of 4 shallow bowls; spoon about 1 cup of chicken mixture and 1/2 cup of broccoli over each serving.

**Bingo will be cancelled on Mondays  
 for the months of July and August.**

**Thank you to the volunteers!**

SPONSORS

SPONSORS

**Kathy's Coach Trips...***Kathy Carroll is the Events Coordinator at the Lowell Council on Aging. Check out this page monthly for her great trips and vacations. Call 978-970-4135.*

**August 6 & 7. Sunday & Monday. Cape Cod & Pops by the Sea Tour. Cost \$239. pp Double, \$235. pp Triple & \$289. Single.** Includes round trip motor coach transportation, 1 night at Heritage Hotel Hyannis, reserved seats for the Pops by the Sea Concert, 1 dinner, snack box lunch & 1 breakfast. Also, Whale Watch Cruise & Plymouth Plantation and Cranberry tour with professional tour director and baggage handling.

**August 10, Thursday. Foxwoods. Cost \$23.**

Departs LCOA 7:00AM, return approx. 8:00PM. Includes \$29.68 Bonus package.

**August 11, Friday. Casco Bay & Bailey Island. Cost \$61.**

Departs 7:45AM. You'll board the ferry for a two hour narrated cruise of Casco Bay. Your cruise destination today will be Bailey Island where you will have a delicious luncheon at the famous Cook's Lobster House. After lunch off to Freeport, Maine with time to shop. Return approx. 6:30PM.

**August 20, Sunday. Bill Fosters Clambake. Cost \$55. gratuity included.**

Departs LCOA 8:30AM. Includes Nubble Lighthouse & York Village Visit, Lobster Bake or Chicken, Clam Chowder, fresh Steamed Mussels, Corn on the Cob, Maine potato and Blueberry pie, Entertainment (Music & Song) at Foster's & Sightseeing in Ogunquit.

**August 26, Saturday. Captain Jacks Lobster Bake & Foxwoods. Cost \$52.**

Departs LCOA 9:00AM. Includes cup of chowder & 3 crab cakes & 3 shrimp cocktail, choice of 1 ¼ lb. boiled lobster or prime rib, ear of corn, apple crisp with ice cream and coffee or tea. Then off to Foxwoods for 5 hours including bonus package worth \$29.63.

**September 6-7-8, Wednesday, Thursday, Friday. Tropicana. Cost \$175. pp Double, \$171. pp Triple, \$225. Single. Driver gratuity included.**

Departs LCOA 7:00AM. \$20.00 Cash Bonus, Two \$15.99 Brunches & each passenger will receive a beverage coupon for a drink or cocktail at Tango's, a Tropicana bar. There will be no show until the end of September. I am sorry that there is not a show during our stay but I did want to bring this fact to your attention as soon as I received it.

**September 8, Friday. Lincoln Park Cost \$15. Gratuity included.**

Departs LCOA 9:00AM. Spectacular Greyhound Racing, Video Slots and Poker Machines. Join us for a day full of excitement and big-money racing. You will receive \$11.00 bonus: (\$5.00 cash, \$5.00 food and \$1.00 scratch ticket). Return approx. 5:30PM.

**September 10, Sunday. Block Island. Cost \$71. Gratuity included.**

Departs LCOA 7:30AM. You will first arrive in Point Judith, Rhode Island to board your one hour ferry ride to Block Island. On arrival a native guide will provide a 1 ¼ hour tour onboard his bus across Block Island. Then, lunch awaits you at the National Hotel. Entrees: Salmon, Chicken, or Crab Cakes, etc. You'll have plenty of time to enjoy the many sights, browse the shops or soak up the sun.

**September 14, Thursday. Foxwoods. Cost \$23.**

Departs LCOA 7:00AM, return approx. 8:00PM. Includes Bonus Package of \$29.69.

**September 14, 15 & 16, Thursday, Friday, and Saturday. Red Sox vs Orioles Cost \$229. pp Double, \$225. pp Triple, \$319 Single.** Reserved Seating at game on the 14th. Stay at Hilton Hotel in Columbia, MD. Also, Washington, D.C. Sightseeing Tour day #2, return home on the 16th. Flyers at LCOA.

**September 16 & 17, Saturday & Sunday. Red Sox vs Yankees in New York.**

**Cost \$329. pp Double, \$325. pp Triple, \$429. Single.**

We will be at Yankee Stadium in plenty of time to shop for souvenirs, have lunch on our own and be in our seats for the opening pitch. For those who are not sport fans the coach will drop you downtown Manhattan for a day of museums and shopping. Dinner included. Day 2, start your day off with breakfast included, then a sightseeing tour, a visit to Ground Zero Memorial in front of St. Paul's Church, and also the Circle Line Cruise around Manhattan. If you do not plan to attend the game the cost of the game will be subtracted.

**September 21, Thursday. Irish Tenor Ronan Tynan @ Mohegan Sun Casino**

Cost \$65. Departure TBA. Package includes \$30.00 voucher for either one of Mohegan's buffets or \$15.00 towards lunch in a Casino restaurant. Minimum of \$15.00 in free gaming bets PLUS \$1,000.00 Grand Prize Drawing! The Irish Tenor from Kelkenny, Ireland who won the hearts of millions of PBS viewers as a member of the Irish Tenors, shares with us the vocal & storytelling talents that have brought him worldwide fame.

**September 22, Friday. Bourne Scallop Festival & Cape Cod Canal Cruise**

**Cost \$53. includes transportation & gratuity.**

Departs 8:00AM. Includes admission to the Festival at Buzzards Bay Park, choice of Scallop or Chicken Dinner +

Cape Cod Canal Cruise. Return approx. 5:30PM.

**September 24, Sunday. Captain Jacks Lobsterbake & Foxwoods Cost \$52.**

Departs LCOA 9:00AM. Choice of Boiled Lobster or Prime Rib, chowder, 3 crab cakes, 3 shrimp cocktails, coffee or tea, apple crisp and vanilla ice cream. Also, driver gratuity included plus casino bonus.

**October 1-8, Ireland. Cost \$1795. pp Double.** Seats still available. For more information we have flyers at LCOA.

**October 4-5-6, Wednesday, Thursday, & Friday. A Taste of Vermont Foliage. Cost \$375. pp Double, \$365. pp Triple, Single \$475.**

Departure TBA. Day 1 – lunch at Grist Mill, then Gondola Ride to the top of Killington, Day 2 – breakfast, then visit Shelburne Museum. Day 3 – breakfast, then sightseeing and shopping in Manchester, VT. Price includes motor coach transportation, lodging, and 6 meals (2 Lunches, 2 Breakfasts, and 2 Dinners). Includes all touring and admission costs & entertainment, baggage handling, taxes & gratuities.

**October 13, Friday. Harts Turkey Train. Cost \$61. included gratuity.**

Departs LCOA 7:30AM, returns approx. 5:30PM. Enjoy the changing colors of sugar maples which signal nature's change of seasons. On arrival in Lincoln, NH your train ride is set to depart at 10:30 am. You will board the Scenic Railroad Dining Car for your one hour and thirty minute train ride. Your full course luncheon will include Hart's Turkey Farm Roast Turkey as an entrée, with whipped potatoes, butternut squash, beverage and an Ice Cream Sundae for dessert. Great Foliage Trip. A wonderful trip, it is one of my favorites.

**October 21 & 22, Saturday & Sunday. Patriots vs Buffalo Bills. Cost \$229. pp Double, \$219. pp Triple, \$299. Single.** Departs LCOA 8:00AM. Upon arrival visit Seneca Casino in Niagara Falls, NY. Seats are reserved for the 1:00PM game.

**November 1-2-3, Wednesday, Thursday, & Friday. Taj Mahal, Atlantic City. Cost \$165. pp Double, \$161. pp Triple, \$235. Single. Gratuity included.** Departs LCOA 7:00AM. \$20 Cash Bonus.

**November 4, Saturday. Respect, the Musical. Boston \$81. pp. Gratuity included.** Depart LCOA 9:00AM, returns approx. 5:30PM. 2:00PM show of "Respect", the hottest musical in Boston at the Stuart St. Playhouse. Includes sightseeing, shopping at Copley Place, and lunch at the "No Name" Restaurant. Songs include "Someone to Watch Over Me" and "I Will Survive". See the progress of women as property of their husbands to presidents of countries in the 20<sup>th</sup> century, hear it through a dramatic musical presentation. Great time!!!!

**November 13, Monday. Venus De Milo – Tony Pace Show, Swansea, MA. Cost \$60.**

Tour includes round trip motor coach transportation, gratuity included. Sit down luncheon at Venus De Milo with choice of Boston Scrod or Roast Turkey, served with the famous "Venus Soup", potato, vegetable, dessert and coffee.

**November 15 & 16, Wednesday & Thursday. Winter Wonderland at White Mountain Hotel & Resort. Cost \$171. pp Double, \$161. pp Triple, \$221. pp Single.** Spectacular entertainment, festive activities, gourmet dining with White Mountain Hotel decorated in colonial style Christmas. During the afternoon you will enjoy Christmas Comedy Show in the Echo Ballroom, and later that evening a elegant dinner order off the menu, in Ledges Dining Room & a evening Christmas Show, also special cocktail prices. Next day, breakfast off the menu, then outlet shopping. Don't forget bathing suits for outdoor heated pool and Jacuzzi.

**November 28, Tuesday. Red Hat Special One Day Christmas in Newport. RI Cost – \$84. pp.**

Depart LCOA 11:00AM. Come see the mansions and enjoy the Holiday spirit. Your tour will include two mansions and the spectacular Ocean Drive. The mansions seen will be determined when bookings are made. Later that afternoon, on our way home, we will visit one of New England's largest displays of Christmas lights at La Salette Shrine. While at the Shrine, snacks and beverages are available. Buffet lunch included.

**December 4, Monday. "Holiday Cabaret" at Mohegan Sun Casino. Cost \$59.** Departs LCOA 7:00AM, returns approx. 7:30PM. Includes round trip transportation, buffet lunch with casino gaming package currently (\$20) & Holiday Cabaret show. Also, snack box lunch with turkey sandwich for the ride home.

**December 7, Thursday. Luciano's Lake Pearl, Wrentham, MA. Cost \$60.**

Departs LCOA TBA. Includes round trip motor coach gratuity included. Sit down roast turkey dinner, Christmas Floor Show with The Time Machine, Holiday Gift, & La Salette Shrine visit.

**December 8, 2006 Friday. The Rockettes, The Wang Theater, Boston. \$80.** Direct from New York, the Radio City Christmas Spectacular show. Orchestra Seating. Lunch on your own in the Copley Plaza or the Prudential Center.

**December 15, Thursday. The Nutcracker. Boston. Cost \$80.** Orchestra seating at the new Opera House. Lunch at the "No Name" Restaurant plus a sightseeing tour through Boston Common to view the beautiful Christmas light displays.

## Helpful Cell Phone Hints...

In July all cell phone numbers are being released to telemarketing companies and you will start to receive sales calls. **YOU WILL BE CHARGED FOR THESE CALLS.**

To prevent this, call the following number from your cell phone: 888-382-1222.

It is the National **DO NOT CALL** list. It will only take a minute of your time. It blocks your number for five (5) years.

You may also do this online for any number you wish: [www.donotcall.gov](http://www.donotcall.gov).

Here is some useful information when you want to call Directory Assistance.

Instead of paying \$1.50 per call when dialing 411, you can call: 1-800-Free411 or 1-800-373-3411

You can use this on your home phone or your cell phone. It works.

## Cambodian Outreach Services...

Are you 60 years of age and older? Are you a refugee from another country? Do you need assistance with citizen preparedness? Do you need help with food or fuel Application assistance? Would you like to get acquainted with the Lowell Senior Center? Do you speak Khmer/Vietnamese/Thai? If you answered yes to any of these questions then we can help. Call Phana Sin at 978-970-4131. Phana is available at our center three days a week to provide one-on-one assistance to you.

SPONSORS

SPONSORS



*AUGUST*  
*Senior of the Month*  
*By Bill Allen*  
***George Capelli***

Our Senior of the Month for August is George Capelli. Born and raised in Lowell he is sixty-three years old. George has a sister in Pelham, N.H. and he lives at Bishop Markam Village.

George's resume consists of attending the Green School in Lowell, and working at Lawrence Manufacturing., Wakefield Industries and Paris Shoes all of Lowell.

Now comes the fun part-George's hobbies. He loves gardening, bowling, swimming and dancing. A great music lover and an advocate of older movies from the 40's and 50's. He even watches "silent movies". George has traveled to Madeira Island off the coast of Portugal, visited Dallas Texas and Oakland California.

If you don't know who George is, just go to the Senior Center on Friday and George will be dancing up a storm at one of our socials. It is quite away off for your walk to 100 years, George, but you will make it. God bless you and thank you.

**D'Youville Senior Care**

Invites friends of the Lowell Senior Center.

Get ready for an enjoyable trip to D'Youville where you'll get to tour our facility, meet the D'Youville team, learn some valuable tips for everyday wellness and safety, and participate in some exciting activities – on top of enjoying a delicious lunch!

Date: Tuesday, September 12<sup>th</sup>

Time: 10:00 am to 1:00 pm

There will be Raffles and Exciting Giveaways!!

**Transportation will be provided by Lowell Council on Aging**

**Sign up in Tara Donelly's Office  
First Floor Lowell Senior Center  
Space is limited!!**

SPONSORS

SPONSORS

SPONSORS

## SENIOR CENTER YARD SALE

SATURDAY OCTOBER 7, 2006

Lowell Senior Center  
276 Broadway Street  
Lowell, MA

9AM until 3:00 PM

CLEAN YOUR ATTIC, HOUSE, GET YOUR  
COLLECTABLES/CRAFTS TOGETHER...  
DONATE THEM TO THE SENIOR CENTER  
OR SELL THEM YOURSELF.

\$15.00 PER TABLE

Reserve your table today!

978-970-4131

(PROCEEDS TO BENEFIT THE FRIENDS OF THE  
LOWELL COUNCIL ON AGING.)

No Clothing Please!

---

SPONSORS

## August Bus Trips

August 7, Monday	Hampton Beach	\$3.00
August 9, Wednesday	Bowling	\$6.00
August 10, Thursday	Pheasant Lane Mall	\$3.00
August 14, Monday	Hampton Beach	\$3.00
August 16, Wednesday	Bowling	\$6.00
August 17, Thursday	York Beach	\$3.00
August 21, Monday	Hampton Beach	\$3.00
August 23, Wednesday	Bowling	\$6.00
August 25, Friday	Quincy Market	\$3.00
August 28, Monday	Hampton Beach	\$3.00
August 29, Tuesday	Plymouth Beach	\$3.00
August 30, Wednesday	Bowling	\$6.00
August 31, Thursday	Ogunquit Beach	\$3.00

Due to the tunnel that is being repaired in Boston, Quincy Market will be on hold as soon as we get the ok the trip will be reschedule.

**SAVE THE DATE**  
**Elder Services Walk for Elders**  
**September 17, 2006**  
**MORE DETAILS TO FOLLOW!**

### **Computer Classes** **August 2006**

This month the following classes at the Senior Center will be held:

**Monday August 7, from 2:00 pm-3:30 pm Intro to Excel**  
**Wednesday August 16, from 9:30 am-11:00 am Microsoft word 1**  
**Thursday August 17, from 9:30 am-11:00 am Microsoft Word 2**  
**Tuesday August 22, from 9:30 am-11:00 am Internet**  
**Monday August 28, from 2:00 pm-3:30 pm Intro to Genealogy**  
**Tuesday August 29, from 9:00 am-10:30 am Intro to PC's**

Anybody wishing to learn about computers must register by calling (978)970-4120 at the Pollard Memorial Library.

# SPONSORS

# **I. Risk of Avian Influenza for People**

## **1. What is avian flu?**

Avian influenza (also known as avian flu or bird flu) is a naturally occurring viral infection of birds. There are many types of avian influenza viruses. One particular type of avian flu, H5N1, has been spreading rapidly in birds in parts of Asia, Africa and Europe. A small number of human cases of H5N1 have been reported. Avian influenza viruses of any type rarely cause disease in humans.

## **2. What is the difference between avian flu and human flu?**

Human flu is influenza in humans. Human flu passes from person to person through respiratory secretions and tends to occur in seasonal outbreaks. Avian flu is flu that spreads among birds. Humans who have certain types of exposure to infected birds can sometimes become infected with avian influenza viruses.

## **3. Can avian flu make me sick?**

Avian flu viruses have only been known to infect people who have had a lot of direct contact with the respiratory secretions or droppings of infected birds. There have only been a small number of human cases of H5N1 infection, even though billions of people live in areas where H5N1 has been identified in birds.

## **4. Has H5N1 avian flu been found in Massachusetts?**

No. H5N1 avian flu has not been found anywhere in the United States.

## **5. How can I protect myself against the H5N1 avian flu?**

Remember that the H5N1 virus has not been found in birds in Massachusetts or the United States and that H5N1 rarely spreads from person to person. If H5N1 avian flu is identified in the United States, the risk of human infection will likely be greater from contact with infected domestic poultry than from contact with wild birds. To protect yourself from avian influenza in general, avoid unnecessary contact with live poultry or wild birds. The best way to protect yourself from all flu viruses is to practice good hand hygiene.

## **6. Can I be vaccinated against the H5N1 avian flu?**

No. At this time there is no vaccine available for this particular type of influenza.

## **7. I am feeling sick. Can I be tested for the H5N1 avian flu?**

If you are sick, talk with your health care provider who will decide what type of testing is right for you. At this time, testing for H5N1 avian flu would not be done except in cases where a person had traveled to an area of the world heavily affected by H5N1 and had close exposure to H5N1-infected birds or people.

## **8. I am traveling to an area affected by H5N1, how can I protect myself?**

The CDC does not recommend any travel restrictions to affected countries at this time. However, the CDC currently advises that travelers to countries with known outbreaks of H5N1 influenza avoid poultry farms, contact with animals in live food markets, and any surfaces that appear to be contaminated with feces from poultry or other animals

## **9. Is it safe to cook and eat chicken, other poultry and eggs?**

Yes. It is safe to continue eating poultry and eggs. There have been no documented cases of avian influenza in humans caused by eating properly cooked poultry products.

## **10. Is it safe to go to fairs or other settings where there are large numbers of birds?**

Yes. Precautions are in place to make sure that poultry being shown in public settings are free of diseases. Poultry must be tested for disease before they leave their home farm to be shown in another location.

## **11. Is it safe to hunt, field dress and eat wild game birds?**

Yes. It is still safe to hunt, field dress and eat game birds.

## **12. Is it safe to use products made from bird feathers?**

There are no known cases of avian flu being spread to humans by bird feathers in items such as down comforters, down coats, feather dusters, etc. \*\*\*\*\*This document was developed through the cooperative effort of the Massachusetts Department of Public Health, the Massachusetts Department of Agricultural Resources, and the Massachusetts Department of Fish and Game 5/30/2006



## Lowell Senior Services Initiative...

The Lowell Senior Services Initiative is a new program developed by the Lowell Police Department and Lowell Senior Center to better serve the senior citizens of Lowell.

The goal of the program is to make the police department more accessible to seniors and give the police department the opportunity to address issues that concern seniors.

The program was launched at the Senior Center in March 2006. City Manager John Cox, Councilor Rita Mercier, Police Superintendent Edward Davis and Senior Center Director Lynne Brown-

Zounes participated at the opening event.

The program has been very productive and has received positive feedback from all that have participated. First came the opening of the Lowell Police office located at the Senior Center. The office is staffed by a police officer and civilian personnel on Tuesdays from 9am-1pm. The telephone number is (978) 446-7187. This office allows seniors to meet directly with police staff to ask questions, voice concerns, obtain or give information. Those issues requiring further assistance are sent to the appropriate supervisor and all conversations are confidential. The police have addressed a variety of problems reported to them by seniors.

The Lowell Police Senior Academy graduated the first class on July 19<sup>th</sup>. The Senior Academy is a six-week course that instructs seniors on safety, crime prevention, identity theft and domestic abuse, as well as current laws and police procedure. The graduates of the Senior Academy are:

Katherine Agnatovech  
Rosemary Carr  
Fern Castle  
Maureen Chaff  
Donna Larson  
Doris Pearsall  
George Pearsall  
Odile Rivard

The next Senior Academy will begin in the fall and is open to all area seniors. Information will be provided in the Senior Center Newsletter and local newspaper.

The Lowell Police Department and Senior Center participated in a pledge drive for the Governor's Highway Safety Bureau. Seniors received information on traffic safety and signed pledges to wear seat belts and encourage others to do the same. The drive benefits the Lowell Police Department Children's Bike Rodeo by supplying bike helmets to children who need them.

The next phase of the Lowell Senior Services Initiative is a Safe Senior Program.

This is a volunteer program that trains seniors to act as a liaison for their senior neighbors with the police department, Senior Center and other city agencies. Volunteers will assist seniors to contact these agencies when needed. Volunteers will help to address the isolation and safety issues that seniors face in their homes and neighborhoods.

It is hoped that seniors will consider this important volunteer opportunity.

Further information on this program will be published in a future Senior Center Newsletter.

The staff of the Lowell Police Department would like to thank the participants and staff of the Lowell Senior Center for giving us the opportunity to work with you. We have greatly enjoyed our first four months at the Senior Center. We look forward to an ongoing partnership that benefits all the seniors in the city.

Lowell Council on Aging  
276 Broadway Street  
Lowell, MA 01854

Phone: 978-970-4131  
Fax: 978-970-4134

Place  
Stamp  
Here

*"Where the Elderly are  
the NO. 1 Priority"*



We are on the web!!!  
[www.lowellevents.com](http://www.lowellevents.com)

*Funding for our newsletter is provided by the  
Executive Office of Elder Affairs, the City of Lowell and our generous advertisers.*

	September 2006				1	2
					\$25	\$25
3	4	5	6	7	8	9
\$50	\$25	\$25	\$25	\$25	\$25	\$25
10	11	12	13	14	15	16
\$100	\$25	\$25	\$25	\$25	\$25	\$25
17	18	19	20	21	22	23
\$50	\$25	\$25	\$25	\$25	\$25	\$25
24	25	26	27	28	29	30
\$50	\$100	\$25	\$25	\$25	\$25	\$50

## SUPPORT YOUR SENIOR CENTER!

**Buy 5 CALENDAR RAFFLE tickets at \$5.00 each and get your 6th one FREE!**

STOP BY THE LOWELL SENIOR CENTER OR  
SEND CHECK OR MONEY ORDER TO FRIENDS OF THE LCOA  
276 BROADWAY STREET, LOWELL, MA 01854 AND WE WILL SEND YOU A RAFFLE TICKET!